

Cockroaches



...in my home?

Cockroaches are found in warm, moist areas, and are most active at night. They are rarely seen during daylight hours unless you have a BIG problem. Just one live roach seen during the day could mean at least 50-100 more “friends” hiding in the walls.

What's so bad about a little roach?

Not only are they a nuisance, they could be a health hazard to you and your family. Their nasty habits may include:

- Spreading filth and germs from their legs/bodies to food, cooking and eating utensils and everything they touch.
- Spreading germs and bacteria that cause illnesses, such as diarrhea, dysentery, typhoid fever, food poisoning and others.
- Releasing a liquid that could cause an allergic reaction, such as breathing problems or a rash.
- Leaving behind stains and droppings that not only smell, but are messy and difficult to clean.
- Chewing fabrics, books and other belongings.

How do you keep unwanted cockroaches from visiting?

Cockroaches need food, water and shelter to survive. Roaches are attracted to junk, food particles and cluttered areas. *Good housekeeping and repairs are the keys to keeping roaches under control...*

- Store garbage in containers with tightfitting lids and take out frequently.
- Repair leaking and/or sweating pipes, dripping faucets and get rid of any standing water.
- Check for cockroaches and their signs in all bags, boxes, cases, etc. that you bring home.
- Rinse out bottles, cans and other recyclables and store them outside if possible.
- Do not leave pet food out after feeding or out overnight.
- Check for food particles under refrigerators, stoves, sink and furniture, and clean frequently.
- Keep food such as cereals, crackers, flour, meats, vegetables, condiments, etc. tightly covered or in the refrigerator.
- Properly dispose of and/or recycle unnecessary clutter and junk such as boxes, paper bags, magazines, etc.
- Do not leave dishes unwashed, especially overnight, and clean up all food spills and grease.
- Patch holes in walls and around pipes, and seal cracks with caulking. Repair any open spaces behind or beneath cabinets and baseboards.
- Use fly screen on windows and vents, and apply weather stripping around doors.

Cockroach signs... What to look for:

Cockroaches are most active at night, and this is when you are most likely to see or hear them. Signs of cockroach activity may be ...

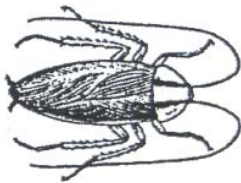
- Live or dead cockroaches (remember, one live roach seen during the day could mean at least 50-100 more hiding in the house).
- Full or empty egg casings (may be stuck to surfaces such as furniture, wall hangings, boxes, etc.)
- Cockroach droppings (may be as small as pepper or as large as mouse droppings and may look like coffee grounds or fly specks) or brownish stains on walls, along cracks and in other areas.
- Old skins that nymphs leave behind after they shed their skin.
- a musty, "roachy" smell.

If you have them, how can you get rid of them?

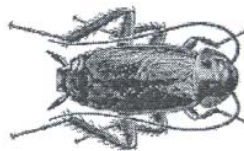
Sprays and chemicals alone will only eliminate roaches temporarily. Remember, ***good housekeeping and repairs are the keys to keeping roaches under control.***

Treatment of cockroaches is often "spot treatment" applied to areas where cockroaches are likely to hide during the day, or where they travel at night. Best results may be achieved when both sprays and dusts are applied in the right places.

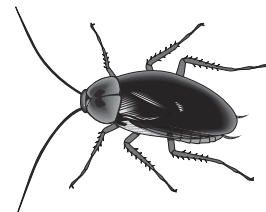
Treat the following areas: behind appliances; in cracks and crevices on the floors, walls and cabinets; under loose tiles; around drawers; under sinks and along baseboards. When using both a spray and dust, spray first and apply dust after the spray has dried. Remember to remove food, utensils, etc. from the areas to be treated before spraying or dusting.



The German Roach is pale brown or tan and 1/2" to 3/4" long.



The Oriental Roach is dark reddish-brown or black, 1" to 1-1/4" long and is sometimes called a "water bug."



The American Roach is reddish-brown and 1" to 2" long.



County of San Bernardino • Department of Public Health
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